

Girls Basketball Camp

Murray High School is offering a Girls Basketball Camp for girls in grades 3-12. This camp is taught by Issac Beh, Head Coach at Murray High and his staff. This is a must camp to improve your skills. All campers will receive a basketball and T-shirt.

Dates: June 14, 15, 16
Place: Murray High School
Cost: \$35 Residents, \$45 Non-residents
Grades: 3-12
Times: 3-7 Grades 10:00 am-11:45 am
8-12 Grades 12:00-2:00 pm

Register: Murray Parks and Recreation In

What you can expect to learn at the camp: Camp awards will be given for:

Ball Handling	Most Improved	Hustle
Proper Shooting Techniques	One On One	Shooter
Triple Threat	Attitude	
Go to Moves		
Defensive Stance and Footwork		
Team Help Defense		
Box and Rebound		



PARKS &
RECREATION

Boys Baseball Camp

Murray High School is offering a Boys Baseball Camp for boys in grades 3-7. This camp is taught by Jake Shewmake, Head Coach at Murray High and his staff. This is a must camp to improve your skills. All campers will receive a baseball and t-shirt.

Dates: June 7, 8, 9, 10, 11
Place: Grant Park (Little League Diamonds)
Cost: \$55 Residents, \$65 non residents
Grades: 3-7 (Grade going into)
Times: 9:00 am to 12:00 pm

Register: Murray Parks and Recreation In Murray Park

What you can expect to learn at the camp:

Proper warm-up technique	Camp awards will be given for:
Proper long toss technique	Hardest Worker
Fielding groundballs	Best Infielder
Fielding flyballs	Best Outfielder
Hitting techniques	Best Hitter
Appreciation for hard work	Most Improved
And competition	Most Fierce Competitor
Have lots of fun	



Boys Basketball Camp

Murray High School is offering a Boys Basketball Camp for boys in Grades 3-12. This camp is taught by Jason Workman, Head Coach at Murray High. This is a must camp to improve your skills. All campers will receive a basketball and T-shirt.

Dates: June 21-24
Place: Murray High School
Times: 9-12 grades
9:00 am-12:00 pm
3-8 Grades
1:00 pm to 4:00 pm
Cost: \$45 Residents
\$55 Non residents
Register: Murray Parks and Recreation office in Murray Park



What campers can expect to learn at the camp:

Defensive	Camp awards will be give for:
Go to Moves	Most Improved
Shooting Techniques	Best Defender
Full court Fastbreak Drills	Hustle
How to move without the ball	Work the Hardest
	MVP

Volleyball Camp

Do not miss this fun and exciting volleyball camp. Emphasis will be on fundamentals, teamwork, individual improvement and sportsmanship. All participants will receive a Camp T-shirt. Join us for a great week of fun volleyball. The Camp will be run by Liz McKnight who coached at Cyprus and Cottonwood High School. She also played at Snow College and Westminster College.

When: June 14 - June 17 (Monday through Thursday)
Who: Boys and Girls
Session 1 Grades 3rd - 6th(8:00am-10:00am)
Session 2 Grades 7th - 10th (10:10am-12:10pm)
Where: The Park Center (202 E. Murray Park Ave.)
Cost: \$50 Resident / \$60 Non-resident
Deadline: Tuesday, June 8, 2010



LACROSSE CAMP

Murray Parks and Recreation is sponsoring a Youth Lacrosse Camp for boys and girl, grades 4-8. This is a new program to Murray. Participants will learn how to shoot, pass and catch, and other aspects of Lacrosse. This is a non-contact camp. Sticks will be provided. Participants must have a mouthguard. Instruction will be provided by Murray High Lacrosse coaches and the top college players in the State of Utah. This camp is for players who are new to the sport or have basic experience. Kids will be separated into groups according to their grade. All participants will receive a T-shirt.

Dates: June 7-10
Place: Murray Park
Time: 5:00-8:00 pm
Cost: \$35
Grades: 4-6, 7-8
Deadline: Friday, June 4, 2010
Register: Murray Parks and Recreation office in Murray Park or the Park Center



Boys Football Camp

Murray High School is offering a Football camp for boys ages 8-15. This camp will emphasize football fundamentals and teach speed and ability drills that are necessary to play the game. The camp will be taught by Dan Aragon, Head Football Coach and his staff. This is a must camp to improve your skills. Each camper will receive a T-shirt and football.

Dates: August 2-5
Place: Murray High School
Ages: 8-15
Cost: \$45 Residents
\$55 Non residents
Time: 5:30-8:30 pm
Register: Murray Parks and Rec In Murray Park



For more information, call Murray Recreation at 801 264-2164 or the Park Center at 801 284-4200



Sports Camp Registration

Camp Registrations

Walk-ins

Murray Park & Recreation Office in Murray Park
Park Center in Murray Park

Mail

Mail form and fee to 296 E. Murray Park Avenue, Murray UT 84107

Online

www.mcreg.com



Child's Name _____ Home phone _____

Address _____ City _____ Zip _____

Age _____ Birthdate _____ School _____ Grade (Going into) _____

Mother's name _____ Work phone _____ Cel Phone _____

Father's name _____ Work phone _____ Cel Phone _____

E-mail Address _____

Does your child have any physical limitations? No____Yes____ please explain _____

Sport Camps signing up: (Please Check camps attending)

Boys Baseball Camp	_____ 9-12 years of age	_____ \$55 Resident	_____ \$65 Non Residents
Lacrosse Camp	_____ 4-6 Grades	_____ 7-8 Grades	_____ \$35 Residents
Girls Basketball Camp	_____ 3-7 Grades	_____ 8-12 Grades	_____ \$35 Residents
Girls Volleyball Camp	_____ 3-6 Grades	_____ 7-10 Grades	_____ \$50 Residents
Boys Basketball Camp	_____ 3-8 Grades	_____ 9-12 Grades	_____ \$45 Residents
Boys Football Camp	_____ 8-15 years of age	_____ \$45 Residents	_____ \$55 Non Residents

T-Shirt Size: (Please Check T-shirt Size)

____ Youth Small ____ Youth Medium ____ Youth Large ____ Adult Small ____ Adult Medium ____ Adult Large
____ Adult XL ____ Adult XXL

Please try and sign up the Friday before the camp Starts. Thank you!

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, liability release, and agree to all of their terms and conditions.

Parent /Guardian Signature _____ Date _____

If you sign up the day of the camp or after the camp has started, you will not get a t-shirt!

For more information call 801 264-2614 or www.murray.utah.gov



"To be the best, you have to work harder than the rest"

"If you train hard, you'll not only be hard, you'll be hard to beat".

Herschel Walker

"Winning means you're willing to go longer, work harder, and give more than anyone else".

Vince Lombardi